

Heartland Child Nutrition, Inc.

Sponsor of the USDA Child & Adult Care Food Program

A newsletter for ND Child Care Providers participating in the Heartland Child Nutrition
USDA Food Program



JULY 2023



*Remember not to submit your claim until you serve your last meal service of the month. If you use paper menus, sign your claim before you submit it.

*Remember to record all meal counts and menus at the **end of the day.**



2023 Mandatory CACFP Provider Training is due. If you have not already completed your Mandatory Provider Training get it in ASAP. This quiz is an annual requirement for food program participants as documentation to USDA that participating child care providers are knowledgeable of basic CACFP regulations and policies.



The National CACFP Sponsors Association website, cacfp.org (click on "Recipes & Menus"), has a wealth of information for providers. Recipes, menus and what foods are creditable are just a few of the things you can find on the site!



Watermelon Pops

1 small watermelon, seedless
2 limes, juiced
16 popsicle sticks
Cut watermelon into wedges as pictured. Place popsicle stick through the rind. Brush lime juice on one side of each slice. Freeze. Serve two pops per child for a refreshing treat! Two pops provides 1/2 cup of fruit.

July is National Picnic Month!

If your childcare will be going on a picnic your meal can still be claimed! As long as you have packed a creditable meal or snack you may still claim the meal. Just be sure to



let your Regional Representative or the HCN office know anytime that you will be away.



Can't remember which trainings you have completed? Log in to your Growing Futures account to see all the trainings in one list. Once

logged in, choose the training tab along the top to view all of your approved trainings. The most recent will be at the top of the list. If you have any questions about training, please call Tanya in our office (701-250-0140).

Why do bees have sticky hair? They use honey combs!



Here's an easy 4th of July craft to make with your children, **popsicle star streamers.**

Made with craft sticks, tissue paper, and

glue—these cute patriotic stars can be jazzed up with ribbons, glitter, sequins and more!



Activity Guide

Do you need some new ideas for the summer? We've found a few!

Get creative with arts & crafts.....paint some rocks or make pom poms from yarn.

Use your imagination to take a trip.....learn about a new place, set up camp in the backyard, or maybe go on a fun outing!

Enjoy something fun and educational....draw pictures for your friends and family or take a book outside to read!

Garden Scavenger Hunt

How many can you spot?

Colour in as you find them

- | | | | | | |
|--|--|--|-------|--|--|
| | Butterfly | | Cloud | | Worm |
| | Flower | | Twig | | Grass |
| | Leaf
<small>(bonus point for one that's been munched on!)</small> | | Bee | | Listen!
Can you hear a bird singing? |
| | Snail | | Ant | | |
| | Flowerpot | | Stone | | |

Bonus Hunt

Find something:

- Soft
- Hard
- Spiky
- Shiny
- Round
- Smelly

Here are two themed songs set to tunes children may already be familiar with:

Fireworks in the Sky

(Tune: Row, Row, Row Your Boat)

Boom, crack, whistle, pop!

Fireworks in the sky.

See them lighting up the night,

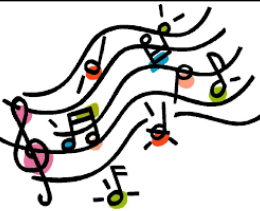
On the Fourth of July.

Red, blue, gold, and green,

With fireworks we say,

Happy Birthday, America,

It's Independence Day!



On Independence Day

(Tune: Mary Had a Little Lamb)

Fireworks go snap, snap, snap!

Crack, crack, crack!

Zap, zap, zap!

Fireworks make me clap, clap, clap

On Independence Day!

